

# Snack Menu

**NO FRIED FOODS!!**

| Monday, January 5, 2026  | Tuesday, January 6, 2026   | Wednesday, January 7, 2026  | Thursday, January 8, 2026   | Friday, January 9, 2026   |
|--|--|---|---|---|
| Bagels and Cream Cheese <b>V, EF</b><br><u>Vegan, DF, GF: Compote GF: GF Vegan Pancake</u>                                     | HOK Blueberry Bread and Peaches <b>V</b><br><u>Vegan, DF, EF, GF: GF Vegan Banana Bread</u>  | HOK Oatmeal and Mango Chunks<br><b>V, Vegan, DF, EF, GF</b>                                   | French Toast and HOK Blueberry Compote <b>V</b><br><u>Vegan, DF, EF, GF: GF Vegan Pancake</u>   | HOK Peach Yogurt and Bananas <b>V, EF, GF</b><br><u>Vegan, DF: Dairy Free Vanilla Yogurt</u>      |
| HOK Applesauce and Graham Crackers <b>V, DF, EF</b><br><u>Vegan, GF: Veggie Straws</u>   | Wisconsin Cheese Curds and Apple Slices <b>V, EF, GF</b><br><u>Vegan, DF: Chickpea Puffs</u> | Cucumbers and HOK Dilly Dip <b>V, EF, GF</b><br><u>Vegan, DF: HOK Hummus</u>                  | HOK Turkey Wraps <b>DF, EF</b><br><u>V, Vegan: HOK White Bean Wrap GF: Corn Tortilla</u>        | HOK Pumpkin Bread and Pears <b>V, DF</b><br><u>Vegan, EF, GF: GF Vegan Pumpkin Bread</u>          |
| Monday, January 12, 2026   | Tuesday, January 13, 2026  | Wednesday, January 14, 2026   | Thursday, January 15, 2026  | Friday, January 16, 2026  |
| HOK Granola Cereal and HOK Vanilla Yogurt <b>V, EF, GF</b><br><u>Vegan, DF: DF Vanilla Yogurt Vegan: Organic Rice Crisps</u>   | HOK Banana Bread and Pears <b>V</b><br><u>Vegan, DF, EF, GF: GF Vegan Banana Bread</u>       | HOK Cinnamon Bread and Mango Chunks <b>V</b><br><u>Vegan, DF, EF, GF: Organic Rice Crisps</u> | Maple Mini Waffles and HOK Peach Compote <b>V</b><br><u>Vegan, DF, EF, GF: GF Vegan Pancake</u> | HOK Sunbutter Granola Bar and Peaches<br><b>V, Vegan, DF, EF, GF</b>                              |
| HOK Hummus and Pita <b>V, Vegan, EF, DF</b><br><u>GF: Cucumbers</u>  | Turkey Cubes and HOK Applesauce <b>DF, EF, GF</b><br><u>V, Vegan: Veggie Straws</u>          | Pretzel Bites and HOK Cheese Dip <b>V, EF</b><br><u>GF: GF Pretzels DF, Vegan: Sunbutter</u>  | HOK Banana Oat Bites and Apple Slices<br><u>V, Vegan, DF, EF, GF</u>                            | Organic Tortilla Chips and HOK Spinach Dip <b>V, GF</b><br><u>Vegan, DF, EF: HOK Salsa</u>        |
| Monday, January 19, 2026   | Tuesday, January 20, 2026  | Wednesday, January 21, 2026   | Thursday, January 22, 2026  | Friday, January 23, 2026  |
| Bagels and Cream Cheese <b>V, EF</b><br><u>Vegan, DF, GF: Compote GF: GF Vegan Pancake</u>                                     | HOK Blueberry Bread and Peaches <b>V</b><br><u>Vegan, DF, EF, GF: GF Vegan Banana Bread</u>  | HOK Oatmeal and Honeydew<br><b>V, Vegan, DF, EF, GF</b>                                       | HOK Pancakes and Strawberry Compote <b>V</b><br><u>Vegan, DF, EF, GF: GF Vegan Pancake</u>      | HOK Strawberry Yogurt and Bananas <b>V, EF, GF</b><br><u>Vegan, DF: Dairy Free Vanilla Yogurt</u> |
| HOK Applesauce and Graham Crackers <b>V, DF, EF</b><br><u>Vegan, GF: Veggie Straws</u>   | Cheese Cubes and Apple Slices <b>V, EF, GF</b><br><u>Vegan, DF: Chickpea Puffs</u>           | Blanched Baby Carrots and HOK Ranch <b>V, GF</b><br><u>Vegan, DF, EF: White Bean Dip</u>      | HOK Turkey Wraps <b>DF, EF</b><br><u>V, Vegan: HOK White Bean Wrap GF: Corn Tortilla</u>        | HOK Apple Butter Bread and Pears <b>V, DF</b><br><u>Vegan, EF, GF: GF Vegan Pumpkin Bread</u>     |
| Monday, January 26, 2026   | Tuesday, January 27, 2026  | Wednesday, January 28, 2026   | Thursday, January 29, 2026  | Friday, January 30, 2026  |
| HOK Granola Cereal and HOK Blueberry Yogurt <b>V, EF, GF</b><br><u>Vegan, DF: DF Vanilla Yogurt Vegan: Organic Rice Crisps</u> | HOK Banana Bread and Pears <b>V</b><br><u>Vegan, DF, EF, GF: GF Vegan Banana Bread</u>       | HOK Peach Bread and Mango Chunks <b>V</b><br><u>Vegan, DF, EF, GF: Organic Rice Crisps</u>    | Biscuits and HOK Vegan Apple Butter <b>V, EF</b><br><u>Vegan, DF, GF: GF Vegan Pancake</u>      | HOK Sunbutter Granola Bar and Peaches<br><b>V, Vegan, DF, EF, GF</b>                              |
| HOK Spinach Dip and Pita <b>V</b><br><u>Vegan, DF, EF: White Bean Dip GF: Cucumbers</u>  | Turkey Cubes and HOK Applesauce <b>DF, EF, GF</b><br><u>V, Vegan: Veggie Straws</u>          | Pretzels and HOK Sunbutter <b>V, Vegan, DF, EF</b><br><u>GF: GF Pretzels</u>                  | HOK Banana Oat Bites and Apple Slices<br><u>V, Vegan, DF, EF, GF</u>                            | Organic Tortilla Chips and HOK Salsa<br><b>V, Vegan, DF, EF, GF</b>                               |

Disclaimer: For a complete list of ingredients, please refer to the official ingredient list provided.

All meals prepared in a facility that handles wheat and wheat-based products